ROCK 'N' ROLL
KNIGHTLEY MOVING ON WITH KLAXONS SINGER {page 15}

INTENSE THINTERVENTION HOST STEPS IT UP A NOTCH {page 16}

VANCOUVER metro®
Tuesday, April 5, 2011
www.metronews.ca
News worth sharing.

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A sentence for killers

Kimberly Proctor, 18, was slain last March

FACEBOOK.COM/METRO FILE

▶ Kimberly Proctor

Two teenage boys who sexually assaulted and murdered Victoria-area teen Kimberly Proctor have been sentenced as adults and won't be eligible for parole for 10 years.

Because of the adult sentencing, a publication ban protecting their identities has been lifted.

Kruse Wellwood was 16 and Cameron Moffat was 17 when they lured Proctor to a home, assaulted, killed and mutilated her, and then put her body in a freezer.

The next day, they dumped her corpse under a bridge on the Galloping Goose Trail and burned it beyond recognition.

Wellwood and Moffat pleaded guilty to first-degree murder in October and were sentenced to the maximum — life in prison — yesterday in B.C. Supreme Court in Victoria.

Justice Robert Johnson said the brutality of their crime and the likelihood that they may never be rehabilitated obligated him to keep them in custody for as long as possible.

Psychological assessments have found they are at a high risk to re-offend.

There were tears and sobbing from Proctor's parents and other family and friends when the judge made his ruling, but the accused showed little reaction.

KRISTEN THOMPSON
WITH FILES FROM THE CANADIAN PRESS

Headline. Act

▶ Rivers Cuomo of Weezer performs live at the Reading Festival in Reading, England, last August.

SIMONE JOYNER/GETTY IMAGES

Weezer on board for Squamish festival

Weezer was announced yesterday as one of the headline acts of the second annual Live at Squamish festival, which takes place Aug. 20 and 21. Tickets go on sale this week. **Story, page 4.**

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What and where: Some of the 2011 food carts

Cartel Street Food: (Korean fusion) beef, pork and tofu Korean tacos; west side of 500 Dunsmuir St.
Chawalla: (Indian) teas, sweet and savory parantha (stuffed Indian flatbread); east side of 800 Howe St.
Didi's Greek: Meat and vegetarian souvlaki, tzatziki and pita and spanakopita, Greek salad; south side of 1700 Robson St.
Finest at Sea: Fish sandwiches, fish tacos, coleslaw, vegetable kebab; southeast corner of Robson Street and Hornby Street.
Kiss Kiss Banh Banh: (Vietnamese) sub sandwiches, salads and coffee; northwest corner of Howe and Robson streets.
Mangali: (Mediterranean) shish kabab, lafah, couscous, chickpea, beet, carrot and radish salads; north side of 900 West Georgia St.
Mom's Grilled Cheese Truck: (American) grilled sandwiches, soups and chili; 600 Hornby St.
Off the Wagon: (Mexican) tacos; 600 Howe St.
Osa Tako Hero: (Japanese) Takoyaki; south side of 800 W. Pender St.
The Juice Truck: Fresh fruit and vegetable juice and smoothies; 200 Abbott St.
The Hut: (Vegetarian) wraps, veggie burgers, quesadillas and sweet potato fries; south side of 1200 Pacific Blvd.

METRO

PHYLICIA TORREVILLAS/FOR METRO

▶ Brothers Jay and Jimmy Cho of Coma Food in Vancouver yesterday. They want to bring traditional and Korean fusion food like seaweed rolls and kimchi quesadillas to the streets of downtown Vancouver.

City unveils more meals on wheels

- Applications went through two-phase evaluation by expert panel
- Around 2,000 responded to city's street food opinion survey

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Vancouver unveiled 19 diverse street food options yesterday just in time for summer — everything from Korean fusion to American grilled cheese sandwiches.

"Vancouver now has a selection of street food that represents cultural diversity and the culinary skill of our city," said Mayor Gregor Robertson.

A Vancouver-based panel of food and business experts evaluated the top 50 applicants based on business plan and experience, nutrition, use of organic, local or fair trade ingredients and innovation.

Andy Fielding, owner of The KaboomBox, said working in the street food industry is worth it because he gets to make people happy by serving delicious food.

"Whether it's the smells, the sights, the hustle and bustle ... there's something unique about street food that makes a place vibrant," said Fielding.

Winning vendors have confirmed street locations, most of which are downtown. Public input was collected through the city's street food preference online survey.

The new street food carts will be hitting the streets this summer.

Flavourful survey

Most popular choices in online survey:

1. Mexican, organic/ healthy, Indian and Japanese.
2. Vendors that topped the list offer food diversity and healthy, local ingredients.

1 news

On the web at metronews.ca

Allan Small on the market impact of long-awaited good news about U.S. job growth. More at metronews.ca/investing.

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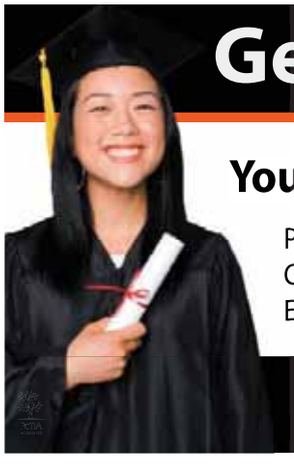

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Weezer, Metric to headline festival

Live at Squamish runs Aug. 20 and 21 Pre-sale tickets go on sale today, followed by a public on-sale date of April 8

KRISTEN THOMPSON
@METRONEWS.CA

If you love music, sunshine and the great outdoors, then leave Aug. 20 and 21 wide open on your calendar.

Live at Squamish — a weekend-long music and arts festival that debuted last summer — is back for a second run this August with a jam-packed schedule and headliners that include Weezer, Metric and the John Butler Trio.

Local artists Kyprios, the Zolas and Bend Sinister will also be performing.

Paul Runnals, founding member and senior vice-president with brand.Live, said one of the great things about Live at Squamish is it's close to home.

"Local fans who want to ... experience anything close to that multi-day, multi-stage environment, this is the place to come," he said.

Live at Squamish is modelled after the European festival, which mixes live bands with DJs and non-music experiences.

"It's part of the magic of the festival experience. You don't go knowing every band on the bill and you discover things on the way," Runnals said.

Ticket details

- **Single-day early bird** tickets start at $79, with weekend passes starting at $119.
- **Pre-sale starts today** and ends Thursday. Join Club Metro to get your pre-sale password.
- **For more information,** including accommodation, camping and how to buy tickets, visit liveatsquamish.com.

JESSE GITTENS/CONTRIBUTED

Live at Squamish begins to take shape at the logger's sports grounds in Squamish in 2010.

Headliners at Live at Squamish

1. SIMONE JOYNER/GETTY IMAGES
2. CONTRIBUTED
3. KRISTEN THOMPSON/METRO
4. SANDRA MU/GETTY IMAGES

1 Rivers Cuomo of Weezer performs at the Reading Festival in Reading, England, on Aug. 29, 2010.

2 American DJ Girl Talk.

3 Emily Haines of Metric performs at Deer Lake Park in Burnaby in 2009.

4 John Butler of John Butler Trio performs on stage at Mt. Smart Stadium in Auckland, New Zealand, on Jan. 21. METRO

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Search for missing couple leads to Oregon

Couple were driving to trade show in Las Vegas Were reported missing on March 31 after not returning home

COURTESY RCMP

▶ Video footage of the Chretiens in Oregon.

KRISTEN THOMPSON
@METRONEWS.CA

The family of a Penticton couple gone missing in the United States is focusing its search efforts on north-eastern Oregon, police say.

Albert Chretien, 59, and Rita Chretien, 56, were last seen on surveillance footage at a gas station in Oregon on March 19.

"To date, the couple's banking activities and cell phone usage have been nil," RCMP Cpl. Dan Moskaluk said yesterday. "(We are) liaising with several U.S. police agencies."

Taking. Its toll

▶ Vehicles travel on the freshly opened Golden Ears Bridge in June 2009.

JIMMY JEONG

Toll reduction for off-peak times

Tolls on the Golden Ears Bridge will be reduced by 30 per cent during off-peak hours during a six-week trial that begins mid-month, TransLink announced yesterday. The variable tolls, which would knock $1.20 off a pay-as-you-go car, begin April 15 with the lower rates running prior to 6 a.m. and after 7 p.m. and on weekends. TransLink hopes the trial will encourage travel at non-peak hours and attract people who otherwise would have taken the Port Mann Bridge.

Hospital renovation begins

Work has officially begun on the redevelopment of the B.C. Children's and Women's Hospitals. Former patients and Premier Christy Gordon participated in a ground-breaking ceremony yesterday. METRO

Ex-captain loses appeal

The captain of the Queen of the North, which sank off B.C.'s north coast five years ago, has lost an appeal of a workers' compensation panel ruling that said his firing was justified after the disaster. THE CANADIAN PRESS

Copper thieves hit lamp poles

North Vancouver RCMP say thieves have made off with copper wire from inside lamp standards three times in recent days. Cpl. Peter DeVries says the covers of seven lamp poles in various parts of the city have been pried open. THE CANADIAN PRESS

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Radioactive water dumped into Pacific

More than 3M gallons purposely pumped from tsunami-crippled plant

Workers began pumping contaminated water from Japan's tsunami-ravaged nuclear plant into the Pacific Ocean yesterday, freeing storage space for even more highly radioactive water that has hampered efforts to stabilize the reactors.

It will take about two days to pump most of the less-radioactive water out of the Fukushima Dai-ichi nuclear complex, where cooling systems were knocked out by the earthquake and tsunami on March 11. Radioactivity is quickly diluted in the ocean, and government officials said the dump should not affect safety of seafood.

Since the disaster, water with different levels of radioactivity has been pooling through the plant. People who live within 20 kilometres have been evacuated.

The pooling water has damaged systems and the radiation hazard has prevented workers from getting close enough to power up cooling systems needed to stabilize dangerously vulnerable fuel rods.

THE ASSOCIATED PRESS/JAPAN COAST GUARD

▶ A rescued dog, Ban, jumped to her owner at their reunion yesterday after the Japan Coast Guard found her Friday, drifting on the roof of a house floating off Kesennuma, Japan.

On Saturday, they discovered radioactive water was pouring into the ocean. The less-radioactive water officials are purposely dumping is up to 500 times the legal limit for radiation.

THE ASSOCIATED PRESS

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Grits promise paid education for veterans

Canadian soldiers can expect four years of government-paid education or technical training after they leave the military under a Liberal government, Liberal Leader Michael Ignatieff said yesterday.

He's billing the measure as something that could change the way soldiers are recruited in Canada.

"These are people who put their lives on the line for us and for the freedom of others," Ignatieff said, as he detailed the latest plank in his party's platform.

The program would cost about $60 million a year going forward.

The Liberal leader said the plan is permanent, calling it "by far the most ambitious program of support for veterans in a generation or two."

THE CANADIAN PRESS

PUBLIC PENSIONS

NDP pitches retirement security plan

The NDP wants to see a big expansion of Canada's public pension system.

New Democrat Leader Jack Layton says the Canada Pension Plan has been long neglected.

The retirement security of millions of people has eroded over the last decade and his party intends to set it right, Layton said in Toronto.

He's proposing to gradually double CPP and QPP benefits in conjunction with the provinces, a measure that could require a 2.5 per cent increase in payroll deductions.

THE CANADIAN PRESS

Abortion, gay marriage not on agenda: Harper

- Prime minister tries to clear air about supposed secret priorities
- Conservatives aim for majority

Election 2011

Stephen Harper says Canadians don't have to worry about a secret agenda if they give him his first majority government.

The prime minister told supporters in the Niagara Falls, Ont., region yesterday he would not try to pass laws against abortion or same-sex marriage if elected with a majority.

Harper was not asked and did not say whether he would support a private member's bill on the issues.

In answer to a question from a reporter, Harper said he would implement promises in his platform if given a majority, stressing those two issues are not a priority with the party.

He would, however, move to abolish the long-gun registry, which he said has been a long-standing position of his party.

The Conservatives have long been plagued with the spectre of a secret agenda should they have enough seats in the House of Commons to override opposition checks, an issue that has dogged their campaign in past elections.

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Two-year-old Ethan Bobak cheers for Prime Minister Stephen Harper as he answers media questions after a campaign event at Ethan's grandfather's farm in Wainfleet, Ont., yesterday.

The issue is emerging again because some recent polls show the party within striking distance of forming a majority.

Harper is gearing up his campaign to pick up the additional dozen or so seats he needs for a majority.

THE CANADIAN PRESS

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Gold contracts $1,433 US (+ $4.10 US)

SPRING BUSINESS OUTLOOK

Firms curb enthusiasm

Rising oil and food prices are chipping away at plans by Canadian businesses to hire and reinvest, the Bank of Canada says in its spring business outlook survey. Overall, economic recovery is advancing and more firms are operating near capacity. But the negative effect of high prices on household spending has prompted firms to lower growth projections. THE CANADIAN PRESS

Google eyes Nortel patents, research

ADRIAN WYLD/THE CANADIAN PRESS

▶ Google Inc. has bid $900 million US for about 6,000 patents from Nortel, whose corporate headquarters is in Mississauga, west of Toronto.

Deal would propel Google into telecom market Auction in June

Global tech titan Google Inc. wants to scoop up the Nortel Networks patent portfolio, and is willing to pay at least $900 million US for the package.

Google's stalking-horse offer, for what is practically the last major asset to be sold by the bankrupt Canadian technology giant, will be the opening bid in an auction that could push the final price higher. The deal would provide legal rights to a broad range of telecom technologies.

Kent Walker, counsel for California-based Google, says the company hopes the patents will help it and its partners to innovate.

The ultimate monetary value of the patents is difficult to judge, however, since it depends on how useful they are in making products that generate revenue. THE CANADIAN PRESS

Patents pending

Nortel was Canada's largest spender on R & D, but some of its work was either a technological dead end or too advanced for the times.

▶ **Google seeks about 6,000** patents including 4G wireless, data networking, optical, voice, Internet, semiconductor and other portfolios.

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She says ...

JESSICA NAPIER

ENGAGING CHARACTERS

There comes a time in your mid to late 20s when you start to realize that all of your friends are getting engaged. Suddenly, all of those long-term couples that seemed perfectly content to cohabitate are putting a ring on it and making it official.

When announcing upcoming nuptials to friends and family, the newly betrothed can expect a diverse range of reactions. Jubilant shrieks of excitement are not uncommon, as are tactless inquiries about carat size from nosy co-workers. And while there are plenty of books on wedding etiquette, not everyone understands the proper protocol when it comes to engagements. Here are just a few of the not-so-well-mannered characters you might encounter after you announce that you are tying the knot.

The pressure-cooker friend

"So, have you picked a date ... thought about the flowers ... booked a photographer?" This hyper-organized pal will whip up a spreadsheet of wedding related to-dos before you have even finished your first glass of celebratory champagne.

The desperate to be in the wedding party friend

Expect this friend to spend a lot of time reminding you just how close you are — the very ambitious campaigners might even deliver a Why I Deserve To Be Your Maid Of Honour/Best Man speech in an attempt to secure a spot up at the altar. Alternatively, some friends will disappear from your radar entirely in the hopes you don't ask them to don pink taffeta on the big day.

The disapproving friend

Inevitably, some friends will choose the moments following your engagement to let you know how they really feel. Disapproving pals will complain about losing their fun single friend, inquire whether or not you are really ready for this commitment and insinuate that maybe you could do better.

The why couldn't it have been me friend

This Debbie Downer will find any way to turn your happy news into an "it's all about me" situation. After she offers a half-hearted "congratulations" you will find yourself consoling her while she hosts her own pity party and delivers a self-absorbed monologue on her own failed romantic life.

While there are plenty of wrong ways to behave around the bride and groom-to-be there is really only one thing you need to know about post-engagement decorum: Act happy, even if you're not. If you want to be a good friend, send a card, but keep your opinions to yourself.

Read more of Jessica Napier's columns at metronews.ca/shesays

Worth mentioning

NICOSIA, Cyprus. A jailed Cypriot murderer ordered his brother to dig up the corpse of the island's former president and hide it so he could negotiate his own release from prison, a court ruled yesterday.

The court found the jailed murderer, his brother and another man guilty of unlawfully exhuming the body of Tassos Papadopoulos.

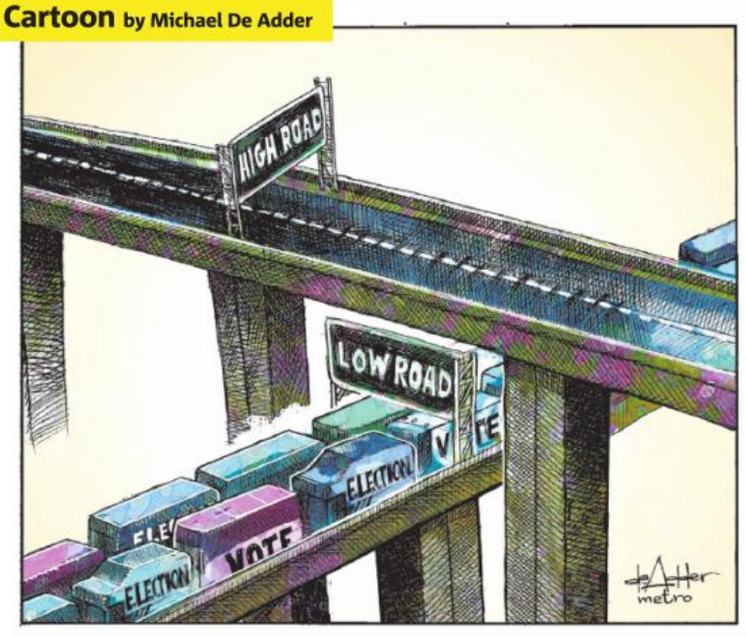
Papadopoulos's corpse was snatched from a Nicosia cemetery during an overnight storm in December 2009 and reburied three months later after police found his body and arrested the suspects.

The case shocked public opinion, and even touched off rumours of political motivation in light of ongoing talks to reunify the island that was split into a Greek Cypriot south and a breakaway Turkish Cypriot north in 1974.

Papadopoulos served as president between 2003 and 2008, and died of cancer that year at 74, months after losing a re-election bid to current President Dimitris Christofias.

THE ASSOCIATED PRESS

Cartoon by Michael De Adder



WEIRD NEWS

'Sacred' turtle puts up a fight in Vietnam

Veterinarians examined a rare giant turtle considered sacred by many Vietnamese at a makeshift hospital in Hanoi yesterday to check mysterious lesions afflicting one of the last four known members of its species.

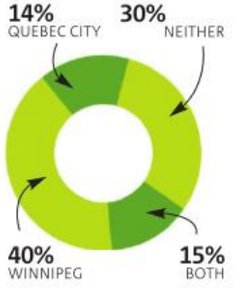
The giant soft-shell turtle, which has a shell the size of a desk and is estimated to weigh approximately 200 kilograms, was pulled from a lake in the heart of the capital Sunday.

Tests were being run to try to pinpoint what is ailing the creature, said Tim McCormack, program co-ordinator of the Asian Turtle Program. He said photos taken of it in a holding tank showed injuries on its legs and elsewhere, but it was not yet clear how serious they are.

The animal is believed to be about 80 to 100 years old, though many Vietnamese believe it is the same mythical creature said to have helped King Le Loi fend off the Chinese nearly six centuries ago. It took 50 workers two hours Sunday to net the turtle and put it in a cage. It is the first time anyone has captured the creature, which escaped through two nets during a similar rescue attempt last month. THE ASSOCIATED PRESS

Take the poll online at metronews.ca

Which city do you think will get an NHL team?



TODAY'S QUESTION: EAT ST. IS DEBUTING WEDNESDAY ON FOOD NETWORK CANADA. WHAT'S YOUR FAVOURITE STREET EAT?

Local tweets

- **@Southsiders:** Our forum is receiving some medical attention. We will be up and running shortly upon receiving some magic spray on the sidelines!
- **@amyyyyyt:** Really too stretched to get involved in more events/projects BUT! AHH! There are so many great people/orgs doing GREAT, great things in #yvr
- **@polarisdotca:** @BradFrenette Pro baseball team in #YVR? I'm pretty happy w @vancanadians and @BlueJays. They're bringing us Robbie Alomar this summer!
- **@RyeandPinder:** Just listened to a pair of ladies argue over NOT sitting in a seat on Canada Line in #YVR. You first, no you sit ... #CanadianArguments
- **@Tavis:** /!\ One of Vancouver's new food carts is Takoyaki /!\ #yvr #streetfood
- **@brendenchu:** Lol what? RT @_TeeLee_: New Vietnamese sandwich #streetfood cart is named 'Kiss Kiss Banh Banh' (Howe/Robson) — cute
- **@VancouverFish:** Me too ... RT @VanFoodTour: Was hoping for Pho-to-Go #streetfood

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2 scene

▶ The Kennedys mini-series debuts Sunday on History Television.

Stepping into the shoes of an American legend

Canadian actor John White plays the young John F. Kennedy in The Kennedys mini-series

IAN JOHNSTON
SCENE@METRONEWS.CA

For Mississauga, Ont., native John White, shooting The Kennedys was as much a homecoming as a learning experience.

"I moved back with the parents during filming," says the Los Angeles-based actor who plays the young John "Jack" Kennedy in the miniseries, which was shot in and around Toronto last year. "On days off, I hung around set and watched Greg Kinnear (who plays the older JFK) and others. Which is somewhat unusual. Usually on a film it's all about showing up, doing your job, and getting the hell out of the way. But the director (Jon Cassar) encouraged it."

The four-part, eight hour The Kennedys follows the famous family's tragedy-strewn personal lives from the 1930s through John F. Kennedy's shortened presidency.

Besides Kinnear, the behind-the-scenes drama stars Barry Pepper (as Bobby), Katie Holmes (Jackie) and Tom Wilkinson as family patriarch Joe Kennedy Sr..

It was Joe Sr. who first envisioned a presidency for his son; though not the son you'd expect.

"Joe favoured older son Joe Jr.," says White. "But after he was killed in the war, Jack sort of became the favourite son by default. And so he had to take the reigns."

White — who is probably best known as Erik Stiffler from the American Pie movie series — says the Kennedys' familiar Boston-Harvard accent could get a little tricky at times. White says he honed it by watching old presidential speeches.

"You'd go a little too far with it sometimes," he said "But we had a great dialect coach. He'd help tweak the accent and tell you when it just wasn't good."

Though the Kennedy story is well-chronicled, White says there are a few things about John F. Kennedy that might shock people.

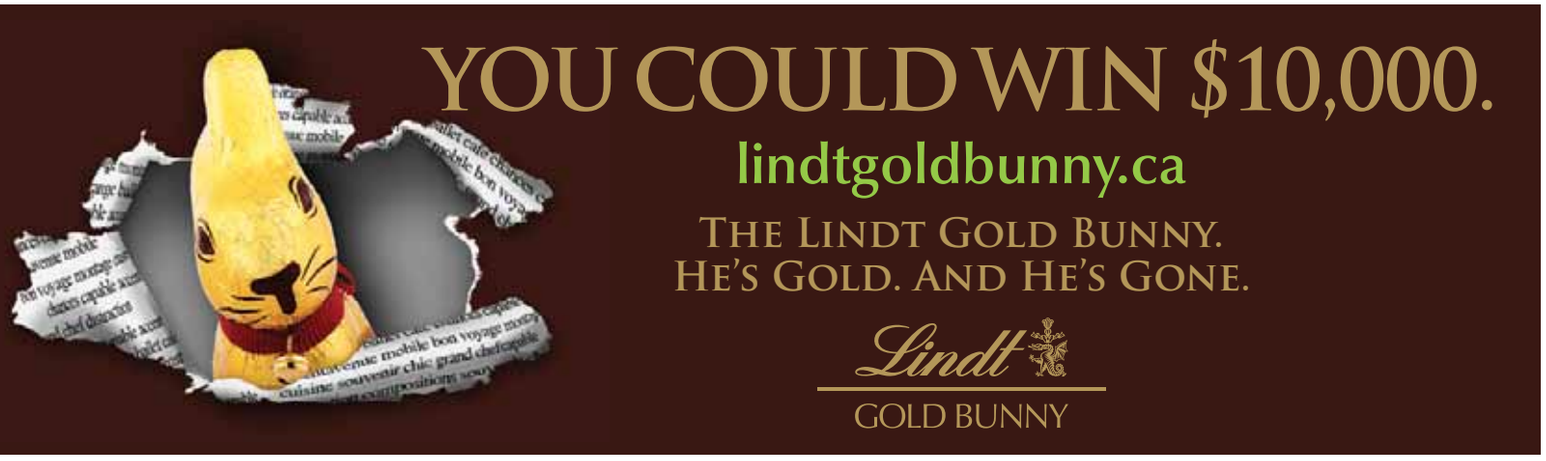
"I was surprised by how many health problems he had. But he dealt with it with a real wicked sense of humour. I read some of his personal letters, which are real funny. Can't repeat them here though."

Part one of The Kennedys, featuring John White, airs Sunday on History Television.

Scene in brief

Arnold Schwarzenegger says his new animated TV venture The Governator features a "superheroic guy" who gets things done — without constraints like laws to thwart his action.
THE ASSOCIATED PRESS

Fans carry Taylor Swift to ACM entertainer of the year, Miranda Lambert wins 4 awards



Silver fox learned to love surfing on set

Poor Dennis Quaid: the Hollywood old-timer had to film his latest movie on the beach But it was worth it for the true tale Soul Surfer

NED EHRBAR
SCENE@METRONEWS.CA

Tough life.

have than learning how to surf in Hawaii for a role in a movie, and Dennis Quaid isn't complaining.

In Soul Surfer, Quaid plays the father of Bethany Hamilton, a teenager who lost an arm in a shark attack but went on to become a professional surfer.

Quaid sat down with Metro to talk surfing, working in Hawaii and having the person your playing standing just off-screen.

Had you heard of Bethany's story before getting the script?

I saw Bethany on the Today show on her book tour about two Christmases ago. There was something about her that just struck me, how inspirational and special she was, at the same time being so normal. I just welled up hearing her story. Then they called me five days later and my agent said, "Do you know who Bethany Hamilton is? They want you to play her dad." So that was a pretty easy yes.

What was your reaction to her story?

It was inspiring, is really what it was. And Bethany just took this horrific shark attack that happened to her and just made it a bump in the road of her life.

Had you done much surfing before the movie?

None at all. And it's really hard to learn. I had really great teachers and the benefit of time. Once you actually catch a wave and ride it, it's such a great feeling. I gave up golf for surfing for a while, which is a big thing for me. It was like two months that I had for training, all in Hawaii, where the water's warm. Now I surf back here and I have a wetsuit that has a heating coil in it. Those winter months ... the water's, like, 87 degrees out there and 50-something degrees here. Big diff.

How much time did you spend with the Hamiltons?

They were on the set every day. The boys, Tim and Noah, were actually working on the crew, and Bethany was doing surfing in the film. Tom and I would play golf and surf. It was great for me, especially with Tom. I've played a lot of real people before, but it's nice to have somebody there. It makes my job easier, actually.

GETTY IMAGES

▶ Dennis Quaid plays the father of legendary pro surfer Bethany Hamilton in Soul Surfer, which opens Friday.

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GETTY IMAGES

▶ Actors Bret Harrison (L) and Christian Slater speak onstage during the Breaking In panel at the FOX Broadcasting Company portion of the 2011 Winter TCA press tour.

SLATER STARS IN NEW TV COMEDY SERIES

Christian Slater returns to television with Breaking In, a comedy about a company that tests security systems by trying to outsmart them — with varying degrees of success. Metro caught up with Slater and co-star Brett Harrison (Reaper) at WonderCon for a less-than-serious chat about their new gig.

Your show has an episode that takes place at Comic-Con, right?

HARRISON: Yeah! The Comic-Con episode, we're hired to hand-deliver Goonies 2: the Legend of Sloth to the right people so a select group of nerdlings get to see this movie. And they don't want to have another Wolverine happening.

SLATER: So basically, the studio has got a special contest where a hundred lucky people get to come see this screening. Then what happens is the rest of the fans that don't get to go to this special screening are in an uproar, basically. We have the one copy of the movie and all of these people are coming out of the woodwork doing everything they can and all of these crazy kinds of disguises at Comic-Con.

Have either of you had much Comic-Con or WonderCon experience before?

HARRISON: I haven't been to WonderCon before this, but I've been to Comic-Con once, and it was great. It's like a circus, man. It's a lot of fun.
SLATER: Me? No. This is a good way to start, though, right? I likey. This is good.

NED EHRBAR

Cowboys, aliens and Barbie, oh my

At WonderCon, the sci-fi convention, talent from most of this summer's biggest blockbusters reveal their tricks, toys and talents

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

GETTY IMAGES

▶ Two fans got in the spirit — and some elaborate costumes — at WonderCon in San Francisco on the weekend.

San Francisco was overrun with superheroes this weekend, as movie stars, filmmakers and thousands of fans — many in elaborate homemade costumes — hit town for WonderCon.

Celebrating its 25th year, the convention is making a name for itself as a less-crazed alternative to July's San Diego Comic-Con, with a lower number of attendees and a more laid-back atmosphere. And with it's early April date, the smaller convention offers a much better opportunity for Hollywood studios to promote their summer fare — though three big comic book movies coming out in the next few months, Captain America, Thor and X-Men: First Class, were notably absent.

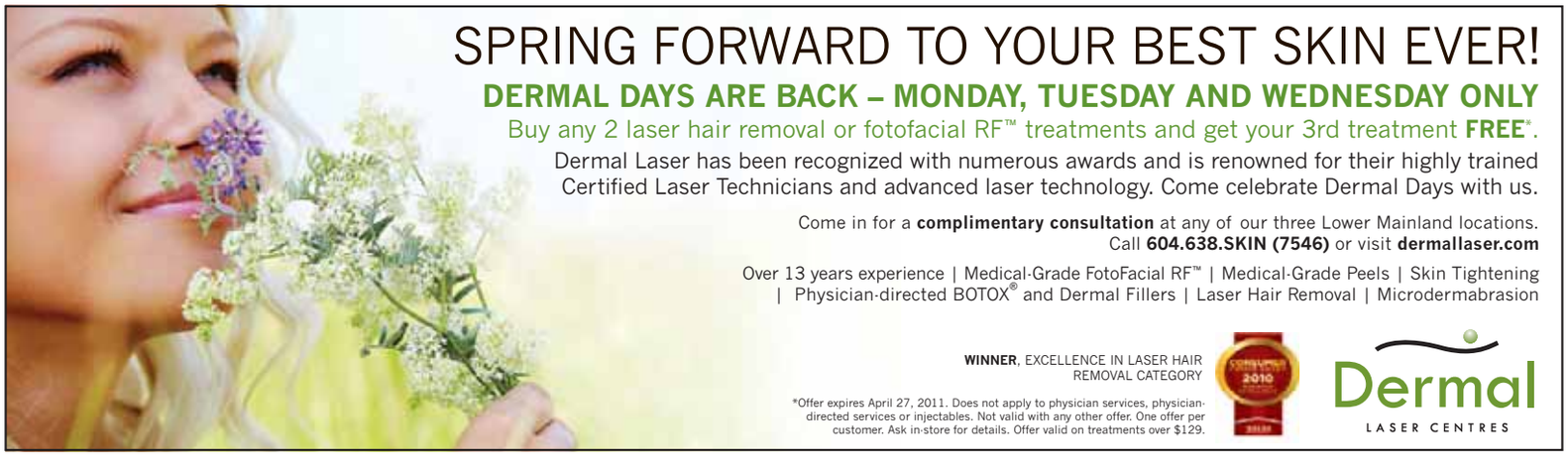
Gossip Girl star Blake Lively, who hit the convention to promote Green Lantern, in which she stars opposite Ryan Reynolds, was a bit preoccupied with a new career milestone: "Did you guys see the Barbie?" she asked, pointing to a doll version of her Green Lantern character.

"It's so crazy. I feel like I need to go home and buy a Barbie's magical dream house and play with myself — that doesn't sound right."

BLAKE LIVELY, CO-STAR IN GREEN LANTERN

For Jon Favreau, the smaller event made him a little nostalgic. It reminded him of his first Comic-Con: "It was close to 10 years ago, if not 10," he says. Favreau was in San Francisco to debut footage of his next film, Cowboys and Aliens, starring Harrison Ford and Daniel Craig, out this summer. The enthusiastic crowd responded excitedly to Favreau's presentation, which included a brief glimpse of the film's alien invaders.

Another director riding high during the convention was Tarsem Singh, who unveiled footage from November's Immortals, starring Henry Cavill — recently cast as the next Superman — as a mortal fighting on behalf of Greek gods. But the witty Singh stole the show, donning a homemade "I've been media trained" T-shirt. "The studio's whole thing was, 'We wish you had picked better-known names,'" Singh remembers from when he cast Cavill in his film. "When (Superman) happened, they were like, 'Oh! You picked the right piggy.'"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Sheen: Disaster Recovery Tour

Vancouverites try to unload tickets Boos in Detroit, but ovations in Chicago On-stage interview format goes over better with fans

ALL PHOTOS GETTY IMAGES FILES

After a disastrous first night in Detroit for his Violent Torpedo of Truth Tour, Charlie Sheen says he stayed up until 4:30 a.m. reworking the show for its second night in Chicago, where he was greeted with a standing ovation instead of boos, according to E! Online.

"On the bus someone said, 'You know, we could just keep driving to LA.' I said, 'F--- that. That's what losers do. I won.'"

Scrapping the video segments and opening acts from the first night, the Chicago show reportedly consisted of Sheen sitting in a chair, smoking and being interviewed by the tour's co-producer.

The volatile star will perform in Toronto on April 14 and 15 and in Vancouver on May 2.

But Craigslist and Stubhub are already crowded with vendors looking to sell tickets at cost or below, and many of the hopeful sellers are reporting little interest.

METRO/CANADIAN PRESS

▶ Kiera Knightley

Kiera has new rocker boyfriend

Keira Knightley has apparently moved on after her split from boyfriend Rupert Friend earlier this year, as the actress has reportedly been dating Klaxons keyboardist and singer James Righton, according to the Daily Mirror. "She's extremely happy right now and really enjoying spending time with James. He's a real rocker and a lovely guy with it and she likes that whole scene — lately she's become far more rock and roll," a source says, being quick to add that the pair are keeping things pretty quiet at the moment.

"Keira's really smitten with James but wants to just quietly get on with it and see what happens. She certainly won't be stepping out on a red carpet with James in the near future. It's really early days." METRO

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3 life

More pain, more gain

Building muscle is the quickest way to a healthy body, says star of Thintervention Jackie Warner gives you tips to get that buff body

CELIA MILNE
LIFE@METRONEWS.CA

Bursts of exercise are best for burning belly blubber.

If you want to fast-track towards a buff body, you're better off doing shorter, higher-intensity exercises than slow, steady-state exercise, according to many studies.

"It's not how long it's how hard," says Jackie Warner, a personal trainer in Hollywood and star of Bravo's new show Thintervention. "Even if you wanted to do 15 minutes a day, do that to muscle failure."

Warner's prescription for a bikini body: Work out five days a week. Here's a taste of what she suggests: Walk fast (up a hill, preferably) for two minutes, then run fast for two minutes and then walk slowly for a minute. Repeat this five-minute cycle three more times to equal 20 total minutes. Then, lift some weights that use two or three muscle groups. Do six exercise sets with very little rest in between.

"You will definitely get results with this intense style of training," Warner told Metro.

More and more evidence shows this is true. Scientists in Australia recently published results of a review of worldwide studies on high-intensity intermittent exercise (HIIE). HIIE was found to increase fitness, lower insulin resistance, build muscle and burn belly fat more effectively than low-intensity steady-state exercise.

"High-intensity bursts of exercise put stress on your heart to increase oxygenation to the muscle," says Warner. "Building muscle is the quickest way to a healthy body. It is the only thing that speeds up metabolism so a person can burn calories while resting."

ISTOCK PHOTO

▶ Flat abs are easier than you think.

HANDOUT

▶ Jackie Warner, star of the new Bravo show Thintervention, gives Metro her tips on how to get that summer physique.

Alzheimer's

Two international research groups have identified a total of five new genes related to late-onset Alzheimer's disease and opened up new areas of research into what causes the progressive brain-destroying condition.

THE ASSOCIATED PRESS

Blood donors excluded if they spent six months in Saudi Arabia from 1980-96

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Health SOS: Dehydration decoded

Lee Mullins, health expert at London, U.K.'s Bodyism Clinic, offers up signs of dehydration.

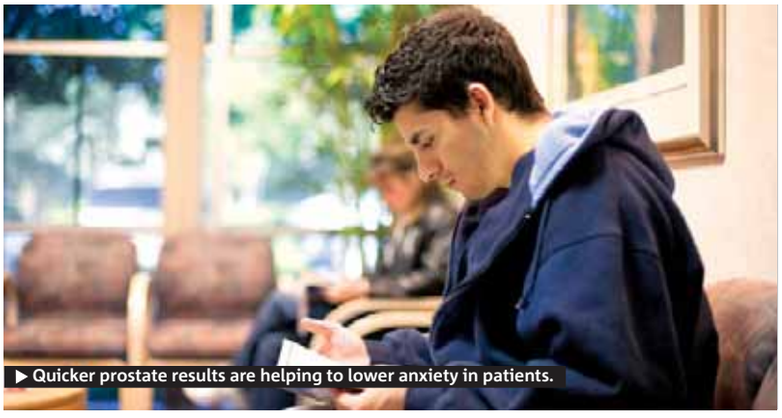
1. Urine colour is dark yellow. It should be clear and odourless.
2. Back or joint pain. Water hydrates your spine and muscles.
3. Dry skin. Flush those toxins out.
4. Fatigue. When dehydrated, the body's immune system becomes suppressed, and in come the colds and flu. Watch out for headaches, too.

BODYISM.COM

Cutting test wait times

Rapid results clinic provides faster reports for prostate biopsy patients

ISTOCK PHOTO



▶ Quicker prostate results are helping to lower anxiety in patients.

Waiting the typical two to three weeks for the results of a prostate cancer biopsy can be agonizing for men and their families, but at least one Canadian hospital is trying to change that.

Sunnybrook Health Sciences Centre in Toronto has instituted a rapid results clinic that cuts the wait time for diagnosis for most patients to three days following a prostate biopsy.

It's not that the hospital has changed the way biopsy samples are scrutinized for tumours — over the last three months, it has merely speeded up the process through more efficient use of its pathology department, which includes three pathologists who specialize in the finicky assessment of prostate tissue.

"So you get your answer within 72 hours, and not only that but to be able to be seen by a cancer specialist if you're diagnosed with cancer right away, right after the diagnosis, is I think a very efficient and unique process," said Dr. Robert Nam, a urologic oncologist at Sunnybrook.

Speeding up testing has not altered the accuracy of prostate biopsy results, nor has it affected other pathology tests, he noted.

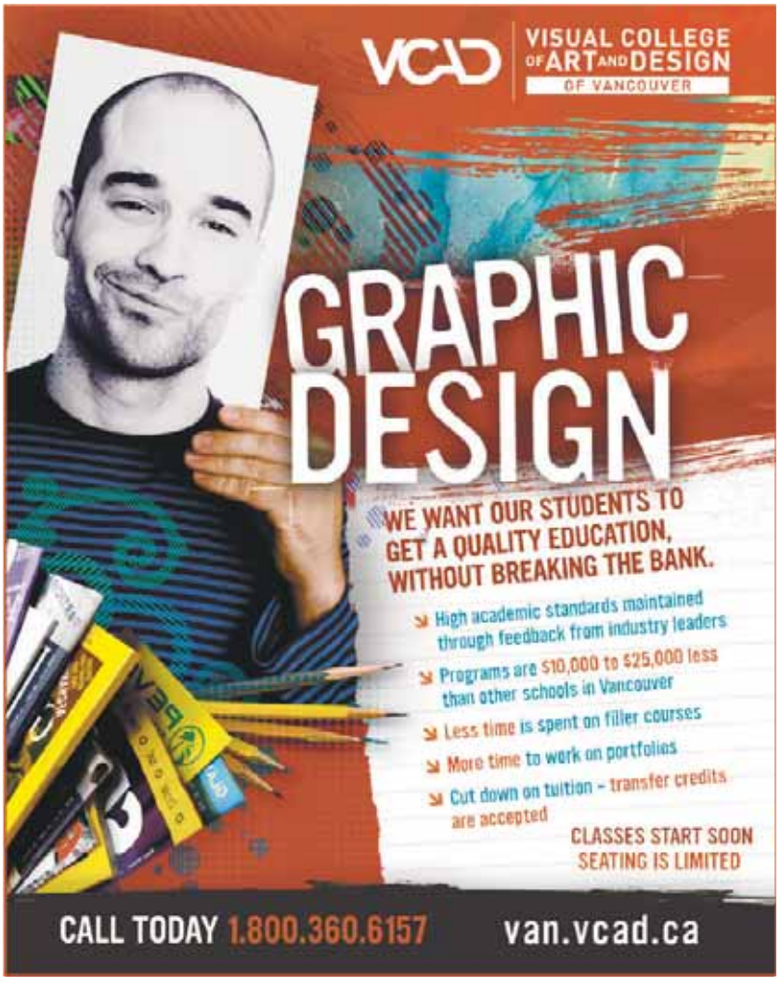
"With the rapid biopsy clinic, it really improves patients' lives in terms of their level of anxiety," said Nam, recalling that when patients in the past were told they didn't have cancer after waiting two to three weeks, "the relief on their face was unbelievable."

THE CANADIAN PRESS

Your bag can hurt you

One rarely leaves their house without thee things: keys, a wallet and a hand (or man) bag. But repeated carrying of a heavy bag could negatively affect your gait, and extensive use could lead to ankle, knee, hip and back problems, according to Lee Mullins. Pack light for spring. But don't forget that water bottle.

BODYISM.COM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West 4th catches Bibo fever

Childhood friends bring passion for pizza and pasta to Vancouver Some ingredients are imported from small Italian farms for optimum flavour

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

As I returned home from a late lunch at Kitsilano's newest Italian restaurant, The Bibo, I couldn't resist cracking open my to-go box for several more titillating whiffs.

The Bibo, owned by Andrea Bini and Lorenzo Bottazzi (the "bi" and the "bo" from their last names), say their motherland's food is in their DNA.

The Bibo
1835 West 4th Ave.
604-568-6177
thebibo.com
Rating: 3.5 out of 5

After sampling their fragrant Rigatoni alla Norma ($16), I was convinced this rhetoric must be true.

The room even felt Italian: Old men sat drinking wine while another group stood at the bar chatting in Italian.

Even the service was laid-back, as one might find in a typical trattoria.

My bowl of steaming hot, tube-shaped pasta — tossed with salty, grilled eggplant — matched the ambiance in authenticity.

Coated in bright red, house-made tomato sauce (exuding the telltale scent of good olive oil), the rigatoni was finished with salt seasoned dry ricotta that was so fresh, even gentle ridges from its grating were noticeable.

On my radar for next time: The Bibo's Chocolate Pizza.

ERIN IRELAND

▶ Rigatoni alla Norma

Cherry Raisin Bread Pudding

EMILY RICHARDS
FOOD@METRONEWS.CA

AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Preparation:

1. In bowl whisk egg, milk, sugar, vanilla, cinnamon. Place two-thirds of bread in 8 inch (2 L) baking dish. Top with cherries, banana slices and remaining bread.
2. Pour egg mix evenly over bread. Bake in 350 F (180 C) oven, uncovered, for 1 hour or until a knife inserted near centre comes out clean. Let cool.
3. Topping: Stir together sour cream, brown sugar, orange rind and cinnamon. Top pudding and serve.

CHERRIES: NOT JUST ANOTHER BERRY/ THE CANADIAN PRESS.
EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK

Ingredients:

- 1 egg, beaten
- 2 cups (500 mL) 1 % milk
- 1/2 cup (125 mL) sugar
- 2 tsp (10 mL) vanilla extract
- 1/2 tsp (2 mL) ground cinnamon
- 4 cups (1 L) raisin bread (cut into 3/4-inch/2 cm cubes)
- 2/3 cup (150 mL) dried tart cherries
- 1 large, very ripe banana, quartered lengthwise; cut into 1/2-inch (1 cm) thick pieces

Creamy Topping (optional)

- 1/2 cup (125 mL) light sour cream
- 4 tsp (20 mL) packed brown sugar
- 1/4 tsp (1 mL) finely grated orange rind
- Pinch ground cinnamon

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A SUCCESSFUL PICK UP ATTEMPT

Names: Tracy, 34, and Alan, 32

Hometown: Vancouver

Together since: 2009

Their story:

SUBMITTED

▶ Tracy & Alan met at Denny's

One extremely-tired Sunday, I (Alan) happened to be at Denny's (where I only go maybe once every three years) with a good friend of mine, Leah.

We were slightly hungover and were cracking jokes left and right, having a great time and laughing loudly.

Over Leah's shoulder, I thought I noticed a pretty girl making eyes at me. I didn't have my contacts in so I asked Leah to see if she really was all that. We tried to time it so as to not get caught but, of course, we failed.

The instant Leah turned around, the girl looked up and locked eyes with her — busted! After a lengthy discussion, Leah and I agreed on my plan of attack. I went up to the girl's table and was about to open my mouth when six people walked in front of me. I stood there waiting, trying not to look like a weirdo, then dropped my business card in front of her and said, "Call me."

Leah and I had a laugh about my pick up attempt in the parking lot, but to my surprise, I got a text shortly thereafter with the mystery girl's name, Tracy.

We've been together for over a year now, and children and marriage are on the horizon.

It was fate!

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WARM UP TO KIDS

Are pets a good warm up to having kids?

Angela says ...
If you're thinking about a fish, then absolutely not. But if you're talking about a six-week-old Burmese mountain puppy that requires nearly 24-7 care as it adjusts to your city apartment, you're on the right track. Keep in mind you won't be making nearly as many decisions with pets as crop up with children: Cloth or disposable diapers? Organic soap? Formula versus breast milk?

Derek says...
Some people have a difficult time even remembering to feed their fish. And while some owners like to pamper their pets with "holistic" food made from duck, oatmeal and six types of vegetables, it's just not the same as raising a child. Can you answer these questions: Who is going to walk the dog before and after work every day/night (rain or shine)? Who will clean up after the first nasty accident on the couch? Who will take the dog to the vet regularly? If you can't answer those questions, perhaps you should avoid having a pet ... or a child!

Don't forget your folks

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Helping or supporting an elderly parent is an increasing fact of life, and can be a financial burden. Here are three tax saving tips from H & R Block to help. First off, you need to make sure your parents' taxes are filed even if nothing is payable. This is particularly important if the parent or parents are receiving the Guaranteed Income Supplement (GIS).

Family matters:

- One-in-three Canadians age 45 to 60 are caregivers to aging family members.
- 44 per cent of those surveyed support children as well as an elderly relative.

ISTOCK

▶ Taking care of parents and their taxes can yield savings for you.

Like other government programs it depends on an up-to-date tax return.

Caregiver credit

If you are providing support you may be able to claim this amount. Your parent or parents must be 65 or over, have an income of $18,645 or less and be living with you. You can also claim parents under the age of 65 if they are dependent on you because of an infirmity or disability.

Unfortunately, no matter how much support you provide, they have to be living with you in order to claim the caregiver credit.

There is a federal amount of $4,223 for each dependent which will cut your taxes by $635. There are also provincial caregiver amounts that will add to your savings.

Disability Tax Credit

I have written about this in the past, encouraging adult children to apply for the DTC if a parent qualifies for it. Many don't realize that if the parent's income is low, the DTC can be transferred.

However, in order to do this you need to establish that your parent depends on you for some or all of the basic necessities of life. This can be a huge benefit to the struggling sandwich generation.

Nursing home expenses

If you pay for your parents' nursing home fees, you may be able to claim them as a medical expense. But you will have to make a choice between these expenses and the disability tax credit, because you can't have both.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA

LOVE AND LOONIES

Hooking up with someone permanently means working through financial logistics. Before joining households, talk about whether to merge finances. Should you join accounts? Generally, if couples act as a team, either strategy will work.

The benefits of combining accounts, loans and assets are: fewer accounts to monitor, easy sharing, transparency (helps with budgeting, taxes and communication), and reduced banking fees. But, often when couples pool money, it creates the perception they're flush with cash, which triggers overspending. Couples can also disagree on spending habits which can translate into nasty money fights. Plus, if the relationship ends, one partner could take off with the financial resources (this would be settled later on in court).

Who's going to pay the bills? Legally, the person whose name is on a bill is responsible for paying it. If the bills don't get paid, lenders will harass you and eventually report you to credit bureaus. List the bills in the name of the person who will ensure they get paid in full and on time. If you're name isn't on a bill, you don't build credit (even if you're a co-applicant on a credit card).

Who's responsible for old debts? Legally, you're not responsible for debt assumed by your partner prior to your union. But, once you're married or common-law, you're on the hook for debt accrued during the relationship.

4 sports

Salo's path hasn't been an easy one

Canuck defenceman thought Achilles injury had ended his career, but managed to recover

Sami Salo has always been a survivor.

If the Vancouver Canucks defenceman were a cat, he'd have used up all of his lives long ago. But when Salo ruptured his Achilles tendon last summer, he worried his NHL career was finally over.

"This one has been the toughest, not necessarily physically but for sure mentally," Salo said after the Canucks practised yesterday. "It was so serious I was worried I wouldn't be able to function properly."

Salo will be in the lineup when Vancouver faces the Edmonton Oilers at Rexall Place tonight. The NHL-leading Canucks will be looking for a little revenge after losing 4-1 to the cellar-dwelling Oilers on Saturday night in Vancouver.

It's been a long, slow road back for the 36-year-old native of Turku, Finland. He missed training camp and the first 52 games of the season recovering from surgery, then slowly regaining his strength.

As the fall progressed, the doubts lingered. It was December before Salo was finally convinced he'd be able to play hockey again.

"Ever since Christmas, I had a strong feeling I could come back and come back strong," he said. "I could see the leg didn't bother me at all.

"I knew it would take a little bit of time to get back practising with the team."

In early February Salo was sent to the Manitoba Moose, Vancouver's AHL farm team, for a conditioning stint. He responded by scoring two goals in his first game.

He returned to the Canucks lineup Feb. 12.

In the 24 games since, the six-foot-three, 215-pound Salo has three goals and four assists. He is a minus-5 while averaging 20 minutes 43 seconds of ice-time a game.

But the numbers don't tell Salo's full contribution to the team.

The steady defenceman brings a veteran presence to the Canucks blue-line. He has a vicious shot that can make goaltenders cringe and a dry sense of humour that can lighten a dressing room.

THE CANADIAN PRESS

RICH LAM/GETTY IMAGES

▶ Sami Salo ties up Calgary's Jarome Iginla on Feb. 12 in his first game back in the lineup after recovering from surgery.

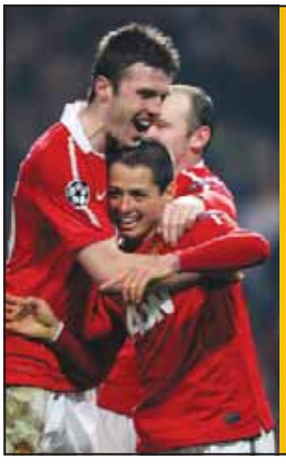
Canucks preview

Canucks at Oilers, 6 p.m.
TV: SNET-VAN
Radio: 630 CHED

Vancouver (52-18-9) completes the home-and-home series with Edmonton looking to avenge a 4-1 home loss to the Oilers on Saturday night.

It's already a season to forget for rebuilding Edmonton (24-43-11). Saturday's victory over the Canucks ended an 11-game skid.

THE CANADIAN PRESS


WHO WILL ADVANCE?
Setanta presents both legs of the UEFA Champions League match-up between Manchester United & Chelsea.
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UEFA CHAMPIONS LEAGUE

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Washington	79	46	22	5	6	216	192	103	24-8-2-6	22-14-3-0	7-2-0-1	W2
dx-Philadelphia	79	46	22	4	7	247	210	103	21-12-2-5	25-10-2-2	3-3-0-4	L3
y-Boston	79	44	24	5	6	238	189	99	20-13-3-3	24-11-2-3	5-3-1-1	L1
x-Pittsburgh	79	46	25	5	3	225	192	100	24-14-2-0	22-11-3-3	7-3-0-0	W1
x-Tampa Bay	79	44	24	5	6	235	232	99	24-11-1-4	20-13-4-2	6-2-1-1	W5
Montreal	79	42	30	4	3	208	204	91	23-11-3-3	19-19-1-0	4-6-0-0	W1
NY Rangers	80	43	32	2	3	228	193	91	19-16-1-3	24-16-1-0	7-2-0-1	W2
Buffalo	79	40	29	9	1	232	220	90	19-16-3-1	21-13-6-0	6-2-2-0	W1
Carolina	79	38	30	6	5	225	232	87	21-13-3-2	17-17-3-3	7-2-1-0	L1
Toronto	79	37	32	5	5	213	240	84	18-14-3-4	19-18-2-1	7-3-0-0	W3
Atlanta	78	33	33	5	7	214	252	78	17-15-2-5	16-18-3-2	5-5-0-0	L1
New Jersey	78	36	37	3	2	163	196	77	20-16-2-1	16-21-0-2	4-5-0-1	L1
NY Islanders	79	30	37	7	5	220	250	72	17-18-1-4	13-19-6-1	3-5-2-0	L1
Ottawa	79	30	39	5	5	183	243	70	14-20-2-3	16-19-3-2	5-4-0-1	L1
Florida	79	29	38	5	7	190	220	70	15-17-4-4	14-21-2-2	1-6-0-3	L8

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
p-Vancouver	79	52	18	4	5	254	181	113	26-9-1-4	26-9-3-1	8-2-0-0	L1
y-Detroit	79	46	23	6	4	255	231	102	21-13-4-2	25-10-2-2	5-3-2-0	W2
dx-San Jose	78	46	23	4	5	234	201	101	23-11-2-3	23-12-2-2	7-1-0-2	W3
Los Angeles	78	45	27	4	2	213	185	96	24-12-3-0	21-15-1-2	7-2-1-0	W1
Phoenix	79	42	25	7	5	224	217	96	20-13-4-3	22-12-3-2	7-2-0-1	L1
Nashville	79	42	26	7	4	209	188	95	22-9-5-3	20-17-2-1	7-2-1-0	L1
Anaheim	79	44	30	3	2	228	231	93	24-13-1-1	20-17-2-1	7-3-0-0	L2
Chicago	78	42	28	3	5	246	214	92	23-16-0-0	19-12-4-4	5-4-1-0	L1
Calgary	80	40	29	4	7	242	233	91	22-13-1-3	18-16-3-4	4-4-1-1	W2
Dallas	78	39	28	4	7	214	224	89	20-11-3-5	19-17-1-2	2-5-2-1	W1
Minnesota	79	37	34	3	5	198	224	82	18-17-2-3	19-17-1-2	2-7-1-0	L2
St. Louis	79	36	33	4	6	232	229	82	21-13-1-4	15-20-3-2	5-4-0-1	W1
Columbus	79	34	32	5	8	210	246	81	17-18-1-4	17-14-4-4	2-5-2-1	L3
Colorado	78	29	41	7	1	218	275	66	15-20-4-0	14-21-3-1	3-7-0-0	L1
Edmonton	78	24	43	2	9	186	256	59	12-21-1-5	12-22-2-3	1-6-1-2	W1

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results
N.Y. Rangers 5 Boston 3
Los Angeles at San Jose

Sunday's results
Calgary 2 Colorado 1
Buffalo 2 Carolina 1 (OT)
Dallas 4 Anaheim 3
Detroit 4 Minnesota 2
St. Louis 6 Columbus 1
N.Y. Rangers 3 Philadelphia 2 (SO)
Tampa Bay 2 Chicago 0

Tonight's games
Tampa Bay at Buffalo, 7 p.m.
Washington at Toronto, 7 p.m.
New Jersey at Pittsburgh, 7 p.m.
Chicago at Montreal, 7:30 p.m.
Philadelphia at Ottawa, 7:30 p.m.
Colorado at St. Louis, 8 p.m.
Atlanta at Nashville, 8 p.m.
Columbus at Dallas, 8:30 p.m.
Vancouver at Edmonton, 9 p.m.

Tomorrow's games
N.Y. Islanders at Boston, 7 p.m.
Toronto at New Jersey, 7 p.m.
Florida at Washington, 7 p.m.
Detroit at Carolina, 7 p.m.
St. Louis at Chicago, 8:30 p.m.
Edmonton at Calgary, 9:30 p.m.
San Jose at Anaheim, 10 p.m.
Phoenix at Los Angeles, 10:30 p.m.

RANGERS 5, BRUINS 3

Boston	19	4	7	—30
N.Y. Rangers	5	9	12	—26

First Period
1. Boston, Paille 5 (Boychuk, Ryder) 15:16
2. Boston, Horton 25 (Krejci, Lucic) 16:53
Penalties — Staal NYR (slashing) 5:55, Bergeron Bos (tripping) 10:15.
Second Period
3. Boston, Kelly 13 (Kaberle, Seidenberg) 10:32
4. N.Y. Rangers, Prospal 7 (Wolski, Staal) 11:34
5. N.Y. Rangers, Prospal 8 (Wolski, Stepan) 18:26
Penalties — Krejci Bos (hooking) 5:02, Krejci Bos (slashing) 12:28.
Third Period
6. N.Y. Rangers, Dubinsky 24 (Callahan, Anisimov) 16:12
7. N.Y. Rangers, Sauer 3 (Gaborik, Boyle) 17:03
8. N.Y. Rangers, Stepan 21 (Fedotenko, Sauer) 19:07 (en)
Penalty — Seidenberg Bos (tripping) 0:53.
Shots
3. Colorado, Hejduk 21 (Liles, Olver) 15:00
Penalties — None.
Shots

Calgary	11	12	13	36
Colorado	10	18	7	35

Goal — Calgary: Kiprusoff (W,36-24-6); Colorado: Budaj (L,14-19-4).
Power plays (goals-chances) — Calgary: 0-1; Colorado: 0-3.
Referees — Brad Watson, Dan O'Halloran.
Linesmen — Jonny Murray, Pierre Racicot.
Att. — 13,896 (18,007) at Calgary.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	41	59	100
St. Louis, TB	30	64	94
Perry, Ana	47	46	93
H.Sedin, Vcr	19	73	92
Stamkos, TB	44	45	89
Iginla, Cal	39	42	81
Ovechkin, Wash	30	51	81
Zetterberg, Det	24	56	80
Selanne, Ana	28	48	76
Toews, Chi	31	44	75
C.Giroux, Phi	25	49	74

Not including last night's games

SUNDAY

FLAMES 2, AVALANCHE 1

First Period — No Scoring.
Penalty — Bouwmeester Cal (holding) 4:16.
Second Period
1. Calgary, Jokinen 17 (Tanguay, Bouwmeester) 10:23
Penalties — Backlund Cal (slashing) 2:13, Bouwmeester Cal (holding) 7:43, Duchene Col (slashing) 14:51.
Third Period
2. Calgary, Tanguay 21 (Iginla) 8:13

CURLING

WORLD MEN'S CHAMPIONSHIP

At Regina

Country (skip)	W	L
Scotland (Brewster)	5	0
Canada (Stoughton)	**4**	**0**
France (Dufour)	3	1
Sweden (Edin)	3	2
Czech Rep. (J.Snitil)	2	2
Switzerland (Schwaller)	2	2
Norway (Ulsrud)	2	2
China (Chen)	2	3
Germany (Kapp)	2	3
U.S. (Fenson)	1	3
Denmark (T.Stjerne)	0	4
South Korea (DK.Lee)	0	4

ROUND ROBIN
Yesterday's results
Sixth Draw
Canada 7 South Korea 4
France 8 Denmark 5
Scotland 8 Germany 5
Sweden 9 China 1
Seventh Draw
Germany 5 U.S. 4
Norway 8 Sweden 5
Scotland 5 Czech Republic 4 (extra end)
Switzerland 7 China 1
Eighth Draw
U.S. vs. Canada; South Korea vs. Czech Republic; Switzerland vs. Denmark; France vs. Norway.
Sunday Results
Third Draw
Czech Republic 7 Norway 5 (extra end)
Switzerland 6 U.S. 4
Fourth Draw
Canada 7 Germany 4
China 7 Denmark 6
Scotland 9 South Korea 6
Sweden 7 France 6
Fifth Draw
Czech Republic 8 China 5
Germany 9 Norway 8
Scotland 10 Switzerland 6
Sweden 11 U.S. 2
Today's games
Ninth Draw, 10:30 a.m.
China vs. Scotland; Switzerland vs. Norway; Sweden vs. Germany; U.S. vs. Czech Republic.
Draw 10, 3:30 p.m.
Switzerland vs. Czech Republic; France vs. **Canada**; Norway vs. U.S.; Denmark vs. South Korea.
Draw 11, 9:30 p.m.
Germany vs. South Korea; Sweden vs. Denmark; France vs. China; **Canada** vs. Scotland.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Baltimore	4	0	1.000	—
New York	3	1	.750	1
Toronto	2	1	.667	1½
Boston	0	3	.000	3½
Tampa Bay	0	3	.000	3½

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	3	1	.750	—
Chicago	2	1	.667	½
Cleveland	1	2	.333	1½
Detroit	1	3	.250	2
Minnesota	1	3	.250	2

WEST DIVISION

	W	L	Pct	GB
Texas	4	0	1.000	—
Seattle	2	2	.500	2
Oakland	1	2	.333	2½
Los Angeles	1	3	.250	3

Yesterday's results
Baltimore 5 Detroit 1
N.Y. Yankees 4 Minnesota 3
Texas 6 Seattle 4
Today's games
L.A. Angels (Weaver 1-0) at Tampa Bay (Niemann 0-0), 6:40 p.m.
Boston (Beckett 0-0) at Cleveland (Tomlin 0-0), 7:05 p.m.
Minnesota (Duensing 0-0) at N.Y. Yankees (Sabathia 0-0), 7:05 p.m.
Oakland (Braden 0-0) at Toronto (J.Reyes 0-0), 7:07 p.m.
Seattle (Pineda 0-0) at Texas (Ogando 0-0), 8:05 p.m.
Chicago White Sox (Floyd 0-0) at Kansas City (Hochevar 0-1), 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	3	0	1.000	—
Atlanta	3	1	.750	½
New York	2	1	.667	1
Florida	1	2	.333	2
Washington	1	2	.333	2

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	3	0	1.000	—
Pittsburgh	3	1	.750	½
Chicago	2	2	.500	1½
St. Louis	1	3	.250	2½
Houston	0	3	.000	3
Milwaukee	0	4	.000	3½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	3	1	.750	—
San Diego	2	1	.667	½
Colorado	1	1	.500	1
Arizona	1	2	.333	1½
San Francisco	1	3	.250	2

Yesterday's results
Atlanta 2 Milwaukee 1
Chicago Cubs 4 Arizona 1
Pittsburgh 4 St. Louis 3
Tuesday Games
Arizona (Enright 0-0) at Chicago Cubs (Cashner 0-0), 2:20 p.m.
San Francisco (Bumgarner 0-0) at San Diego (Harang 0-0), 6:35 p.m.
N.Y. Mets (C.Young 0-0) at Philadelphia (Hamels 0-0), 7:05 p.m.
Houston (Happ 0-0) at Cincinnati (Leake 0-0), 7:10 p.m.
Washington (Marquis 0-0) at Florida (A.Sanchez 0-0), 7:10 p.m.
Atlanta (D.Lowe 1-0) at Milwaukee (Gallardo 0-0), 8:10 p.m.
Pittsburgh (J.McDonald 0-0) at St. Louis (McClellan 0-0), 8:15 p.m.
L.A. Dodgers (Kershaw 1-0) at Colorado (Chacin 0-0), 8:40 p.m.

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	14	10	4	.714	165	139	—
x-Buffalo	12	8	4	.667	131	112	1
x-Rochester	12	7	5	.583	125	125	2
Boston	14	6	8	.429	141	139	4
Philadelphia	13	5	8	.385	121	149	4½

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
y-Calgary	14	10	4	.714	177	157	—
x-Washington	14	7	7	.500	177	165	3
x-Minnesota	13	6	7	.462	149	147	3½
Edmonton	14	4	10	.286	151	177	6
Colorado	12	3	9	.250	106	133	6

x — clinched playoff berth; y — clinched division.
WEEK 14
Friday's games
Buffalo at Toronto, 7:30 p.m.
Colorado at Calgary, 9:30 p.m.
Saturday's games
Philadelphia at Boston, 7:30 p.m.
Buffalo at Rochester, 7:35 p.m.
Colorado at Edmonton, 9 p.m.
Minnesota at Washington, 10:30 p.m.
Sunday's game
Rochester at Philadelphia, 2:30 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Philadelphia	3	2	1	0	2	1	6
New England	3	1	0	2	4	3	5
New York	3	1	0	2	2	1	5
Chicago	2	1	0	1	4	3	4
Kansas City	3	1	1	1	8	8	4
Toronto	3	1	1	1	5	5	4
Columbus	3	1	1	1	3	3	4
D.C. United	3	1	2	0	5	7	3
Houston	3	0	1	2	2	3	2

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Colorado	3	3	0	0	8	2	9
Los Angeles	4	2	1	1	4	5	7
Real Salt Lake	2	2	0	0	5	1	6
Vancouver	3	1	1	1	7	6	4
San Jose	3	1	1	1	4	3	4
Seattle	4	0	2	2	3	5	2
Chivas USA	3	0	2	1	3	5	1
Portland	3	0	2	1	2	6	1
Dallas	3	0	2	1	1	5	1

Note: Three points for win, one point for tie.
Sunday's result
Colorado 4 D.C. United 1
Tomorrow's game
New England at Vancouver, 10 p.m.

ENGLAND

LEAGUE CHAMPIONSHIP

Yesterday's result
Queens Park Rangers 3 Sheffield United 0

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Barcelona	30	26	3	1	82	15	81
Real Madrid	30	23	4	3	69	22	73
Valencia	30	17	6	7	46	35	57
Villarreal	30	16	6	8	48	31	54
Athletic Bilbao	30	14	3	13	47	42	45
Sevilla	30	13	6	11	46	44	45
Espanyol	30	14	1	15	38	43	43
Atletico Madrid	30	12	6	12	45	41	42
Mallorca	30	11	5	14	31	40	38
Racing Santander	30	9	9	12	30	44	36
Osasuna	30	9	8	13	36	36	35
Levante	30	11	5	14	33	40	35
Sporting Gijon	30	8	11	11	28	35	35
Real Sociedad	30	11	2	17	40	51	35
Getafe	30	9	7	14	41	49	34
Deportivo La Coruna	30	8	10	12	25	40	34
Zaragoza	30	7	9	14	29	43	30
Hercules	30	8	5	17	28	48	29
Malaga	30	8	5	17	39	62	29
Almeria	30	5	11	14	31	51	26

Yesterday's result
Almeria 1 Athletic Bilbao 3

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
y-Chicago	56	20	.737	—
y-Miami	54	23	.701	2½
y-Boston	53	23	.697	3
x-Orlando	48	29	.623	8½
x-Atlanta	44	33	.571	12½
x-Philadelphia	40	37	.519	16½
x-New York	38	38	.500	18
Indiana	35	43	.449	22
Charlotte	32	44	.421	24
Milwaukee	31	45	.408	25
Detroit	26	50	.342	30
New Jersey	23	53	.303	33
Toronto	21	55	.276	35
Washington	20	56	.263	36
Cleveland	15	61	.197	41

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	58	19	.753	—
y-L.A. Lakers	55	21	.724	2½
x-Dallas	53	24	.688	5
x-Oklahoma City	50	26	.658	7½
x-Denver	47	29	.618	10½
Portland	45	32	.584	13
New Orleans	44	33	.571	14
Memphis	44	33	.571	14
Houston	41	36	.532	17
Phoenix	37	39	.487	20½
Utah	36	41	.468	22
Golden State	33	44	.429	25
L.A. Clippers	30	47	.390	28
Sacramento	22	54	.289	35½
Minnesota	17	60	.221	41

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Sunday's results
San Antonio 114 Phoenix 97
Denver 95 L.A. Lakers 90
Sacramento 106 Utah 97
Boston 101 Detroit 90
Washington 97 Charlotte 91
Miami 108 New Jersey 94
New York 123 Cleveland 107
Toronto 102 Orlando 98
Houston 114 Atlanta 109
New Orleans 108 Indiana 96
Portland 104 Dallas 96
Tonight's games
San Antonio at Atlanta, 7 p.m.
Charlotte at Cleveland, 7 p.m.
Minnesota at New Jersey, 7 p.m.
Milwaukee at Orlando, 7 p.m.
Detroit at Washington, 7 p.m.
Philadelphia at Boston, 7:30 p.m.
Toronto at New York, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
L.A. Clippers at Memphis, 8 p.m.
Sacramento at Houston, 8:30 p.m.
Oklahoma City at Denver, 9 p.m.
Golden State at Portland, 10 p.m.
Utah at L.A. Lakers, 10:30 p.m.

TENNIS

WTA FAMILY CIRCLE CUP

At Charleston, S.C.
Top seeds and Canadians
Yesterday's results
Singles — First Round
Peng Shuai (11), China, def. Sloane Stephens, U.S., 6-2, 6-1.
Julie Goerges (12), Germany, def. Olga Govortsova, Belarus, 7-5, 6-4.
Chanelle Scheepers, South Africa, def. Patty Schnyder (13), Switzerland, 6-4, 6-4.
Bethanie Mattek-Sands (14), U.S., def. Alexandra Stevenson, U.S., 6-2, 6-1.
Vania King, U.S., def. Vera Dushevina (16), Russia, 6-4, 7-6 (7).
Also
Elena Vesnina, Russia, def. **Rebecca Marino, Vancouver, 6-7 (4), 6-2, 6-3.**

BASKETBALL

NCAA TOURNAMENT

FINAL FOUR

At Houston
NATIONAL CHAMPIONSHIP
Last night's result
Connecticut 53 Butler 41

You'll this.
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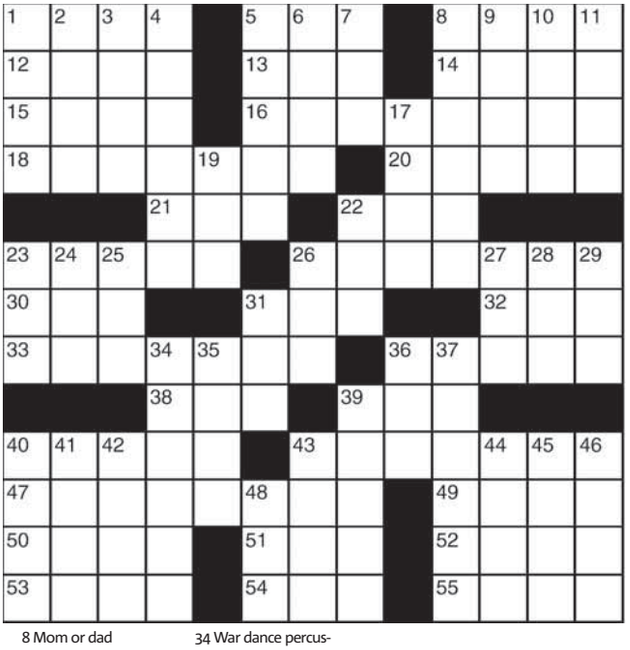
metro

Crossword



Across

1 Imp
5 Awful
8 Decline, with "on"
12 Old Italian money
13 Id counterpart
14 Sheltered
15 Addict
16 Limit
18 Alter the presentation
20 Tract of wasteland
21 Donkey
22 Card player's call
23 Reek
26 Turn over a new leaf
30 Charged bit
31 See 54-Across
32 Pair
33 Fix the locks?
36 Rash
38 U.K. reference bk.
39 Namely (Abbr.)
40 Plant swelling
43 Put back the way it was
47 Check
49 Always
50 Choral voice
51 Wildebeest
52 Supermarket stack
53 Thailand, once
54 With 31-Across, supplement
55 Coin aperture

Down

1 Astigmatism problem
2 React to yeast
3 War god
4 Plaid fabric
5 Ice mounds
6 Pulitzer winner James
7 Two, in Tijuana
8 Mom or dad
9 Others (Lat.)
10 Denomination
11 Brother of Cain and Abel
17 Anything but that
19 Request
22 Obtain
23 Round Table address
24 Pirouette pivot
25 The chosen
26 Regret
27 Billboards
28 Trench
29 "— Story 3"
31 Antiquated
34 War dance percussion
35 2001, e.g.
36 Owned by that guy
37 Montezuma's people
39 Where the action is
40 Historic periods
41 Sandwich shop
42 "Cómo — usted?"
43 Skaters' 39-Down
44 Elliptical
45 Nevada city
46 Formerly, formerly
48 Candle count

▶ Yesterday's answer

A	N	T	I		M	I	D		A	R	A	B
C	O	R	N		A	K	A		D	E	C	O
E	P	I	C		D	E	M	I	J	O	H	N
D	E	M	A	N	D		P	O	U	R	E	D
			S	E	E	M		U	R	I		
D	E	M	E	A	N	O	R		E	E	L	S
O	V	A		T	E	N	O	R		N	E	E
H	A	R	P		D	E	M	E	N	T	I	A
		K	I	D		Y	A	L	E			
I	N	S	T	E	P		N	Y	M	P	H	S
D	E	M	O	C	R	A	T		C	O	O	P
L	E	A	N		O	B	I		O	L	L	A
E	R	N	S		F	C	C		N	O	D	S

Sudoku

3					9	8	5	
	8			7		1	4	
1			8					7
				4			6	1
		8				9		
9	6			3				
8					6			2
	9	3		2			1	
	2	5	7					9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	7	1	5	8	3	4	6	9
6	5	9	7	2	4	3	1	8
8	4	3	9	6	1	2	5	7
5	2	4	3	1	9	7	8	6
9	8	6	2	4	7	1	3	5
3	1	7	8	5	6	9	2	4
4	9	8	1	3	5	6	7	2
7	3	2	6	9	8	5	4	1
1	6	5	4	7	2	8	9	3

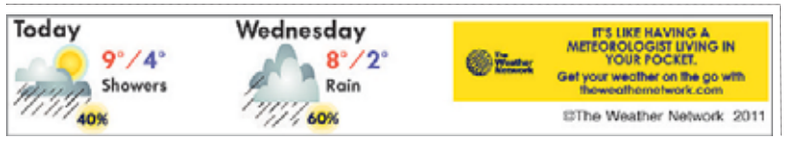
Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Big Al, you might be living with a creepshow, good thing I think you're cute. See ya later for some dancing. Love, **THE FLASK**

*Dear Brian B., A lot of words to say but we both already know how much We Love Each Other, just wanna let everyone know that we'll do everything we can to make our relationship more stronger, happier and will last forever. *Advance Happy 2 yrs. 4 months my Boo* Love,* **JCO**

Eric I can not believe that we meet 3 years ago and that we are going be married in 5 months. I love you so much and can not wait to spend the rest of my life with you. We built our relationship so strong no one can tear it down. I love you monkey your always and forever **MARTINA**



Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Some things happen without any apparent rhyme or reason and you need to accept that.
♉ Taurus April 21-May 21 You have serious responsibilities to take care of and there can be no more excuses.
♊ Gemini May 22-June 21 You will be inspired to reach out to other people.
♋ Cancer June 22-July 22 Someone in a position of authority will smile on you today.
♌ Leo July 23-Aug.23 You can still turn a lost cause into a triumph.
♍ Virgo Aug. 24- Sept. 22 This should be a lucky day for you but to what extent depends on your willingness to make sacrifices for the wider good
♎ Libra Sept. 23-Oct. 23 The more challenging a situation is the more it can help you grow.
♏ Scorpio Oct. 24-Nov. 22 Don't waste your precious time arguing with people who to your way of thinking are foolish in the extreme.
♐ Sagittarius Nov. 23-Dec. 21 Choose your goals carefully today. Make them special.
♑ Capricorn Dec. 22-Jan. 20 Steer clear of other people's fights and feuds.
♒ Aquarius Jan. 21-Feb. 18 Someone you have to deal with today will be all over the place, both mentally and emotionally.
♓ Pisces Feb. 19-March 20 . Reach out to the world over the next 24 hours. Remind people you're still alive and kicking. **SALLY BROMPTON**

Caption contest

JOHN WAGNER/THE ASSOCIATED PRESS

DAVID T. FOSTER III/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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